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| July 10th | July 11th | July 12th | July 13th | July 14th |
| **Meet at Skyline 7:30**  -Syllabus/expectations  -Run  -Team sports (soccer)  - Archery  -Tennis  -Crossfit/abs  -Nutrition lesson  -Weight room  -team sports (badminton)  **Pick up at Skyline 3:30** | **Meet at Skyline 7:30**  -Run  -Team sports (soccer)  \*9:30-10:30 Barre\*  -Assign cooking projects  -Walk to QFC…Pine Lake Park..Kickball  -Crossfit/abs  -Archery  -Weight room  -team sports (volleyball)  **Pick up at Skyline 3:30** | **Meet at Skyline 7:30**  -Relay Runs  Ultimate Frisbee  Walk Spartan 5 km route  Yoga/Create yoga workout  Kickboxing Class True Martial Arts  Spike Ball  Yoga Projcets  Combine Fitness  **Pick up at 3:30** | **Meet at Skyline 7:30**  -Fountain run  - team sport (superball)  \*9:30-10:30 Ballroom\*  -Tennis  -Fitness testing Combine  -Yoga  -Weight room activity  -team sports (gola, floor hockey)  **Pick up at Skyline 3:30** | **Meet at Centennial Fields**  **8:00**  -Golf (W) 8:30-11:00  -Golf (H) 12:30-3:00  -team sports (gaelic)  -Hike to Tolgate farm  -Abs/X fit  **Pick up at Centennial Fields 3:00** |
| July 17th | July 18th | July 19th | July 20th | July 21st |
| **Meet at Skyline 7:30**  -5k Pine Lake Park  -Capture the Flag  -Weight training project  - Wimbledon tourney  -team sports (pickleball)  \*1:30-2:30 Rizzmic\*  -Yoga  **Pick up at Skyline 3:30** | **Meet at Skyline 7:30**  -Sammamish City Hall park walk  -Team sports: Olympic -- ---Team Lawn Games  -Track and Field  -Yoga  -Weight room activity  -HR  -team sports (volleyball)  **Pick up at Skyline 3:30** | **Meet at SHS 7:30**  Track and Field  Walk to Beaver Lake Park  Ultimate Frisbee  Olympic Games  Tennis  Archery  Volleyball  Basketball  Team Fitness  **Pick up at 3:30** | **Meet at Skyline 7:30**  **-**HR run  -Flag Football or Soccer  -Ninja Warrior  -Weight training project  -Crossfit team circuit  -Dance  -team sports (tchouk, sick)  **Pick up at Skyline 3:30** | **Meet at Centennial Fields**  **8:00**  -Hike to Snoqualmie Falls  -Bowling (H) 10:30-11:30  -Bowling (W) 1:30-2:30  -Golf (W) 8:30-11:00  -Golf (H) 12:30-3:00  **Pick up at Centennial Fields 3:00** |

**PLEASE NOTE:**

\*Drop off is at 7:30am when we are at Skyline High School (Mondays, Tuesdays, Thursdays)

\*Drop off is at 8:00am when we are “off campus” (Wednesdays, Fridays)

\*Pick up is at 3:30pm when we are at Skyline High School (Mondays, Tuesdays, Thursdays)

\*Pick up is at 3:00pm when we are “off campus” (Wednesdays, Fridays)